

RECOMMENDED READING LIST ON CHILDHOOD SEXUAL ABUSE

General Resources for Survivors

Adults Molested as Children:

A Survivor's Manual for Women and Men

Evan Bear And Peter Dimock

Safer Society Press

Beginning to Heal: A First Book for Survivors of Child Sexual Abuse

Ellen Bass And Laura Davis

Harper Collins, 1993

Breaking the Silence: A Personal Story of Incest and Recovery

Melody Platt

Rainbow Books, Inc., 1998

The Courage to Heal

Ellen Bass And Laura Davis

Harper Collins, 1988

Families in Recovery: Healing the Damage of Childhood Sexual Abuse

Beverly Engel

McGraw-Hill, 2000

Healing the Incest Wound:

Adult Survivors in Therapy

Christine Courtois, Ph.D.

W W Norton, 1988

Resources for Women

Because I Remember Terror, Father, I Remember You

Sue William Silverman

University of Georgia Press, 1999

Day Break – Meditations for Women Survivors of Sexual Abuse

Maureen Brady

Hazelden Foundation, 1991

I Never Told Anyone: Writings by Women Survivors of Child Sexual Abuse

Ellen Bass And Louise Thornton

Harper Collins, 1991

The Kiss

Kathryn Harrison

Harper Collins, 1998

Not Child's Play: An Anthology on Brother-Sister Incest

Risa Shaw

Rowman & Littlefield, 2001

Outgrowing the Pain: A Book for and About Adults Abused as Children

Eliana Gil, Ph.D.

Bantam Doubleday Dell, 1988

Overcoming Childhood Trauma

Helen Kennerley

New York University, 2000

The Right to Innocence: Healing the Trauma of Childhood Sexual Abuse

Beverly Engel

Random House, 1991

The Sexual Healing Journey: A Guide for Survivors of Sexual Abuse

Wendy Maltz

Harper Collins, 2001

Surviving Childhood Sexual Abuse:

Practical Self-Help for Adults who were Sexually Abused as Children

Carolyn Ainscough and Kay Toon

Harper Collins (Fisher Books), 2000

The Last Secret: Daughters Sexually Abused by Mothers

Bobbie Rosencrans and Euan Bear

Safer Society Press, 1997

Secret Survivors: Uncovering Incest and its Aftereffects in Women

Sue Bloom

Random House, 1990

A Mother's Touch, Surviving Mother-Daughter Sexual Abuse

Julie Brand

Trafford, 2007

Resources for Men

Abused Boys: The Neglected Victims of Sexual Abuse
Mic Hunter
Random House, 1991

Alone and Forgotten: The Sexually Abused Man
Rob Tobin
Creative Bound, Inc., 1999

In My Father's Arms: A True Story of Incest
Walter De Milly
University of Wisconsin Press, 1999

Iron Man Family Outing
Rick Belden, 1990

Resources for Partners

Allies in Healing: When the Person You Love was Sexually Abused as a Child
Laura Davis
Harper Collins

Ghosts In The Bedroom: A Guide for Partners of Incest Survivors
Ken Graber
Health Communications, 1991

Survivors and Partners: Healing Relationships of Sexual Abuse Survivors
Paul A. Hansen
Heron Hill Publishing, 1991

Other Resources

Boundaries: Where You End and I Begin
Anne Katherine
Simon & Schuster, 1993

The Gift of Fear: Survival Signal that Protect Us from Violence
Gavin De Becker
Bantam Doubleday Dell, 1998

Healing the Child Within
Charles L. Whitfield, M.D.
Health Communications, 1987

Post-Traumatic Stress Disorder Sourcebook
Glenn R. Schiraldi
McGraw-Hill, 2000

Trauma and Recovery
Judith Herman, M.D.
Harper Collins, 1997
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WINGS Foundation, Inc.
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Leaping upon the Mountains: Men Proclaiming Victory over Sexual Child Abuse
Mike Lew and Richard Hoffman
North Atlantic Books, 2000

Victims No Longer: Men Recovering from Incest and Other Sexual Child Abuse
Mike Lew and Ellen Bass
Harper Collins, 1990

Wounded Boys Heroic Men: A Man's Guide to Recovering from Child Abuse
Daniel Sonkin and Lenore Walker
Adams Media Corp., 1998

Trust After Trauma: A Guide to Relationships for Survivors and Those Who Love Them
Aphrodite Matsakis
New Harbinger Public, 1998

What About Me? A Guide for Men Helping Female Partners Deal with Childhood Sexual Abuse
Grant Cameron
Creative Bound, Inc., 1994

When You are the Partner of a Rape or Incest Survivor: A Workbook for You
Robert Levine
Resource Publications, 1996

Waking the Tiger: Healing Trauma: The Innate Capacity to Transform Overwhelming Experiences
Paul Levine and Anne Frederick
Harper Collins, 1997

Your Perfect Right
R. Alberti, Ph.D. and M. Emmons, Ph.D.
Impact Publishers, 1982

Healing from Trauma: A Survivors' Guide to Understanding Your Symptoms and Recreating Your Life
Jasmin Cori, MS, LPC
DaCapo, 2008

Protecting the Gift: Keeping Children and Teenagers Safe (and Parents Sane)
Gavin De Becker
Bantam Doubleday Dell, 1999